

## LUNCH MENU

**CHEF SPECIALS***\*Components served separately***MONDAY****Pasta Primavera w/Roasted Chicken**

Farfalle Pasta with Roasted Chicken, Broccoli, Red Peppers, Cauliflower, Squash &amp; Garlic (G,W)

**Vegetarian Option:****Pasta Primavera w/Roasted Tofu** (G,S,W)**TUESDAY****BBQ Chicken**

Roasted Chicken with Housemade BBQ Sauce, Roasted Garlic Green Beans &amp; Freshly Baked Cornbread (E,G,M,S,W)

**Vegetarian Option:****BBQ Tofu** (E,G,M,S,W)**WEDNESDAY****Spaghetti w/Beef Bolognese**

Slow-Cooked Beef Bolognese Sauce, Spaghetti &amp; Roasted Broccoli (G,W)

**Vegetarian Option:****Spaghetti w/Plant-Based Ragu** (G,S,W)**THURSDAY****Ground Turkey Tacos**

Spiced Ground Turkey on Flour Tortillas, Roasted Sweet Corn "Esquites" style, with Lime and Chili &amp; Mexican Style Rice (G,S,W)

**Vegetarian Option:****Black Bean Tacos** (G,S,W)**FRIDAY****Hamburger on Classic Bun****\*Gluten-Free Bun (E) Available**

Grilled Hamburger on a Classic Bun with Roasted Idaho Potato Wedges &amp; Vegetable Medley (G,W)

**Vegetarian Option:****Veggie Burger on Classic Bun** (G,W)**\*Gluten-Free Bun (E) Available***\*Includes Ketchup, Mustard & Relish on the side***DAILY DESSERT****MONDAY****Chocolate Sour Cream Coffee Cake** (E,G,M,S,W)**TUESDAY****Lemon Cake Bar** (E,G,M,S,W)**WEDNESDAY****Vegan Brownie** (G,S,W)**THURSDAY****Granola Bar** (G,M,S,W - Contains: Pepita Seeds)**FRIDAY****Vegan Banana Bread** (G,S,W)**\*Whole fruit and allergen-alternative dessert available daily!****AVAILABLE EVERYDAY****Roasted Chicken or Tofu (S)**

w/ Steamed Rice, Roasted Broccoli &amp; BBQ Sauce on the side

**Turkey or Cheese or Turkey & Cheese Sandwich on Whole Wheat Bread Meal**

w/ Chips, Quinoa Side Salad &amp; Whole Fruit (G,M,W - Side Salad Contains: Corn, Chickpeas)

**\*Sandwich includes Mayo (E,S) and Mustard Packets on the side****\*Gluten-Free Bread (E) Available****Sunbutter or Sunbutter & Jelly on Whole Wheat Bread Meal**

w/ Chips, Quinoa Side Salad &amp; Whole Fruit (G,W - Contains: Sunflower Seeds, Side Salad Contains: Corn, Chickpeas)

**\*Gluten-Free Bread (E) Available****\*Allergen Labeling Key:****Egg, Gluten, Milk, Pork, Soy, Sesame, Wheat****Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.**

\*Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other Top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Kids' menus are free from fish, shellfish, pork and sesame.

**Questions related to ingredient information or nutritional content?****Email: [nutrition@handcutfoods.com](mailto:nutrition@handcutfoods.com)**

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**SANDWICH & SALAD WEEKLY ROTATION***Sandwich/Salad options rotate daily based on a weekly menu***SANDWICHES**

Sandwich meal includes: Quinoa Salad (Contains Corn, Chickpeas), Chips & Whole Fruit. (Sauces & Mayo are served on the side)

**MONDAY****Sandwich of the Day:****Smoked Turkey Wrap**

Smoked Turkey, Cheddar Cheese, Spring Mix & Pesto Mayo in a Flour Tortilla.  
(E,G,M,S,W - Contains: Pepita Seeds)

**TUESDAY****Sandwich of the Day:****Italian Sub Sandwich**

Genoa Salami, Capicola, Provolone, Romaine & Red Wine Vinaigrette on a French Baguette  
(G,M,P,S,W)

**WEDNESDAY****Sandwich of the Day:****Southwest Chicken Wrap**

Chipotle Lime Chicken, Black Beans, Spring Mix, Red Bell Pepper, Red Onion, Roasted Corn, Queso Fresco & Chipotle Ranch Dressing on a Flour Tortilla (E,G,M,S,W)

**THURSDAY****Sandwich of the Day:****Turkey & Salami Hoagie**

Turkey, Salami, Capicola, Provolone Cheese, Arugula & Giardiniera on a French Baguette & Mayo on the side (E,G,M,P,S,W)

**FRIDAY****Sandwich of the Day:****BBQ Chicken Wrap**

Roasted Chicken, Cheddar Cheese, Spring Mix & BBQ Sauce on a Flour Tortilla  
(G,M,S,W)

**SALADS**

Salad meals include: Chips & Whole Fruit (Dressing & Cheeses served on the side)

**MONDAY****Salad of the Day: Southwest Chicken Salad**

Roasted Chicken, Spring Mix, Roasted Corn, Grilled Red Onion, Queso Fresco & Chipotle Ranch Dressing (E,M,S)

**Vegetarian Option: Veggie Southwest Salad**

Braised Black Beans, Spring Mix, Roasted Corn, Grilled Red Onion, Queso Fresco & Chipotle Ranch Dressing (E,M,S)

**TUESDAY****Salad of the Day: Chopped Salad**

Roasted Chicken, Bacon, Romaine, Blue Cheese, Red Cabbage, MightyVine Tomatoes & Red Wine Vinaigrette (M,P)

**Vegetarian Option: Vegan Chopped Salad**

Romaine, Local Tofu, Red Cabbage, MightyVine Tomatoes & Red Wine Vinaigrette (S)

**WEDNESDAY****Salad of the Day: Chicken Caesar Salad**

Roasted Chicken, Romaine, MightyVine Cherry Tomatoes, Parmesan Cheese & Caesar Dressing (E,G,M,S,W)

**Vegetarian Option: Chickpea Caesar Salad**

Chickpeas, Romaine, Cherry Tomatoes, Parmesan Cheese & Caesar Dressing (E,G,M,S,W - Contains: Chickpeas)

**THURSDAY****Salad of the Day: Asian Chicken Chopped Salad**

Roasted Chicken, Chopped Romaine, Shaved Cabbage, Shredded Carrots, Red Pepper, Snap Peas, Green Onions, Cilantro & Sunbutter Ginger Dressing (S - Contains: Sunflower Seeds)

**Vegetarian Option: Vegan Asian Chopped Salad**

Roasted Local Tofu, Chopped Romaine, Shaved Cabbage, Shredded Carrots, Red Pepper, Snap Peas, Green Onions, Cilantro & Sunbutter Ginger Dressing (S - Contains: Sunflower Seeds)

**FRIDAY****Salad of the Day: Cobb Salad**

Smoked Turkey, Spring Mix, MightyVine Cherry Tomatoes, Hard-Boiled Egg, Blue Cheese & Red Wine Vinaigrette (E,M)

**Vegetarian Option: Vegan Cobb Salad**

Crispy Chickpeas, Spring Mix, MightyVine Cherry Tomatoes, Radish, Red Onion, Roasted Corn & Red Wine Vinaigrette (Contains: Chickpeas)

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